Physical activity, high school students

Health Priority I: Overweight, Obesity, Lack of Physical Activity

Objective I2: Between 2001 and 2010, increase the proportion of Wisconsin adolescents who report they engaged in at least 30 minutes of moderate physical activity, on five or more of the previous seven days, from 27 percent to 37 percent.

2010 Target: 37%

Indicator: Physical activity, high school students

Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity

Year (N)	Total		Males		Females	
	Percent	+/-	Percent	+/-	Percent	+/-
1999	26%	2%	26%	3%	25%	3%
(N)	1,336		682		648	
2001	28%	2%	30%	3%	25%	3%
(N)	2,120		1,031		1,084	
2003	28%	2%	32%	3%	25%	3%
(N)	2,121		1,019		1,097	
2005	28%	2%	32%	3%	23%	3%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.
Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate. 'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week.

N   Number in sample. See data documentation.
+/-   Confidence interval. See data documentation.

Physical activity, high school students, continued

Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity

Year (N)	Total Percent	+/-	Males Percent	+/-	Females Percent	+/-
1999	60%	3%	65%	4%	56%	3%
(N)	1,336		682		648	
2001	65%	2%	72%	3%	58%	3%
(N)	2,120		1,031		1,084	
2003	63%	2%	70%	3%	56%	3%
(N)	2,121		1,019		1,097	
2005	67%	2%	74%	3%	60%	3%
(N)	2,389		1,163		1,219	

Source: Wisconsin Youth Risk Behavior Survey, Department of Public Instruction.
Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate.
'Regularly' refers to vigorous activity performed for at least 20 minutes,
three or more times per week.

N   Number in sample. See data documentation.
+/-   Confidence interval. See data documentation.

Percent of Wisconsin High School Students Who Regularly Engage in Moderate Physical Activity, by Race/Ethnicity

Years (N)	Total Percent	+/-	African American* Percent	+/-	American Indian* Percent	+/-	Asian* Percent	+/-	Hispanic Percent	+/-	White* Percent	+/-
1999-2003	27%	1%	23%	5%	30%	10%	16%	5%	27%	9%	28%	1%
(N)	5,577		397		104		213		154		4,379	
2001-2005	28%	1%	21%	5%	32%	8%	23%	5%	23%	6%	29%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.
Note: 'Moderate' refers to activity that causes small increases in breathing or heart rate.
'Regularly' refers to moderate activity performed for at least 30 minutes, five or more times per week.

N   Number in sample. See data documentation.
+/-   Confidence interval. See data documentation.
*Non-Hispanic.

Physical activity, high school students, continued

Percent of Wisconsin High School Students Who Regularly Engage in Vigorous Physical Activity, by Race/Ethnicity

Years (N)	Total		African American*		American Indian*		Asian*		Hispanic		White*	
	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-	Percent	+/-
1999-2003	63%	2%	46%	6%	52%	11%	50%	8%	61%	9%	65%	2%
(N)	5,577		397		104		213		154		4,379	
2001-2005	65%	1%	48%	6%	63%	8%	57%	6%	59%	7%	67%	1%
(N)	6,630		468		136		272		203		5,219	

Source: Wisconsin Youth Risk Behavior Survey, Wisconsin Department of Public Instruction.
Note: 'Vigorous' refers to activity that causes large increases in breathing or heart rate. 'Regularly' refers to vigorous activity performed for at least 20 minutes, three or more times per week.

N   Number in sample. See data documentation.
+/-   Confidence interval. See data documentation.
*Non-Hispanic.